

Risk Factors Associated with Metabolic Syndrome

Lisa Andrew*

Department of Molecular Biology, University of Helsinki, Finland

Editorial

Metabolic syndrome is caused by a combination of factors. Some of the causes, such as overweight and obesity, an inactive lifestyle, and insulin resistance, are under your control. Other factors that may contribute to metabolic syndrome, such as getting older, are beyond your control. As you get older, your chances of developing metabolic syndrome rise. You also have no control over genetics (ethnicity and family history), which may play a role in the condition's development. Genetics, for example, can increase your chances of developing insulin resistance, which can lead to metabolic syndrome.

These underlying causes predispose people to metabolic syndrome. Obesity in the abdomen (a large waistline), an inactive lifestyle, and insulin resistance. Some people are predisposed to metabolic syndrome [1-3] because they take medications that cause weight gain or changes in blood pressure, cholesterol, or blood sugar levels. These medications are typically used to treat inflammation, allergies, HIV, depression, and other forms of mental illness.

Some racial and ethnic groups in the United States are more likely than others to develop metabolic syndrome. Mexican Americans are the most likely to suffer from metabolic syndrome, followed by whites and blacks. Other groups who are at a higher risk of developing metabolic syndrome include, People with a family history of diabetes, People who have a diabetic sibling or parent, In comparison to men, women, Women with a family history of polycystic ovarian syndrome (a tendency to develop cysts on the ovaries).

Metabolic syndrome raises your chances of developing ischemic heart disease. Other risk factors, in addition to metabolic syndrome, increase your risk of heart disease [4,5]. A high LDL ("bad") cholesterol level, for example, and smoking are both major risk factors for heart disease. Even if you do not have metabolic syndrome, you should determine your short-term risk of heart disease. The National Cholesterol Education Program (NCEP) categorises the risk of short-term heart disease into four categories. Your risk category is determined by the risk factors you have and the number of them you have. Your risk factors are calculated to determine your 10-year risk of developing heart disease. You can use the NCEP's online calculator to estimate your 10-year risk of having a heart attack.

High risk: If you already have heart disease or diabetes, or if your 10-year risk score is greater than 20%, you are in this category. Moderately high risk you fall into this category if you have two or more risk factors and a 10-year risk score of 10% to 20%. Moderate risk, if you have two or more risk factors

and your 10-year risk score is less than 10%, you are in this category. Lower risk if you have zero or one risk factor, you fall into this category. Your risk factors are added together to calculate your 10-year risk of developing heart disease. You can estimate your 10-year risk of having a heart attack using the NCEP's online calculator. Metabolic syndrome is a collection of risk factors that increases your chances of developing heart disease and other health issues such as diabetes and stroke.

Even if these risk factors are only moderately elevated, they can increase your risk of health problems (borderline-high risk factors). The majority of metabolic risk factors have no visible signs or symptoms, though a large waistline is one. If diabetes, particularly type-2 diabetes, is present, some people may experience symptoms of high blood sugar. High blood sugar symptoms include increased thirst, increased urination, particularly at night, fatigue (tiredness), and blurred vision. In most cases, there are no signs or symptoms of high blood pressure. However, some people with high blood pressure in the early stages may experience dull headaches, dizzy spells, or more nosebleeds than usual.

Conflict of Interest

None.

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*Address for Correspondence: Lisa Andrew, Department of Molecular Biology, University of Helsinki, Finland, E-mail: LisaAndrew99@gmail.com

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